

COLL. CAT.



OTTAWA  
TENT  
COLONY



OTTAWA, ILL.

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# OTTAWA TENT COLONY

LOCATED AT OTTAWA, ILLINOIS . . . ON THE ILLINOIS RIVER



FOR THE TREATMENT OF  
PULMONARY TUBERCULOSIS





### PERMANENT BUILDINGS AT THE COLONY

THE OTTAWA TENT COLONY is one tangible result of the campaign against the spread of pulmonary tuberculosis inaugurated by the Illinois State Medical Society at its May meeting in 1904. It was inaugurated as an experiment. Dr. J. W. Pettit, its founder, and still one of its directors, was pledged the moral support and encouragement of many of the representative physicians who constitute the membership of that society. The colony was opened in July, 1904, with two patients. It has grown since then. It has accomplished not all, perhaps, that mistaken enthusiasts may have expected, but it has done all that those who have intelligently studied the outdoor treatment of this dread disease hoped for at the beginning.

It has more than justified its existence, and demonstrated that it deserved to be put upon a permanent footing. It was not practicable to conduct it as a charitable enterprise, nor even, as in the early days, to furnish the treatment at actual cost. Into the equipment



CLUB HOUSE AND ADMINISTRATION BUILDING



STREET RAILWAY STATION

club house or administration building. Here live the resident staff of the institution; here is the modern, sanitary kitchen in which is prepared all the food; here is the lounging and rest room, with its artistic boulder-built fire place; here is the great dining room, open on two sides to every breeze that blows (save in the most inclement weather), with its mission furniture and its

of the institution as it now stands has gone more than \$40,000. It has been the aim to provide every convenience, every requisite, for the scientific application of the most modern methods of treatment. Yet care has been taken to avoid making the per capita cost of the plant so extravagant as to render the treatment prohibitive because of the expense. The physical equipment of the Ottawa Tent Colony is so well represented in the accompanying illustrations as to leave but little to take the form of printed words.

There is a large



RESERVOIR



DINING ROOM



FIRE PLACE IN LOUNGING ROOM

paper napery, destroyed after each meal. And sweeping around this building is the great, broad veranda, commanding a beautiful stretch of Illinois river valley scenery. Further along the river bluff is the modern bath house with every appointment perfect. Back through the woods and fronting a romantic ravine is a covered shelter, or kiosk, where patients spend many a pleasant hour in the open. Between these permanent structures, set in orderly rows, are the tents, from which the colony derives its name—all of the latest and most approved models.

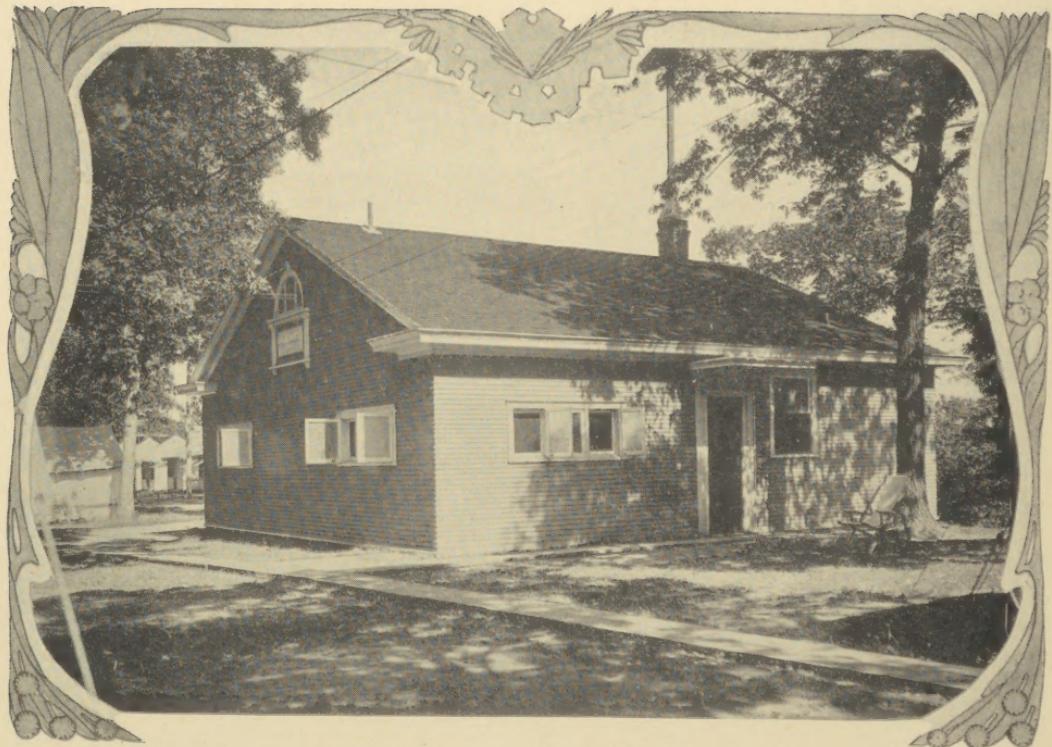
All this is located on a beautiful wooded bluff, one hundred and twenty-five feet above "thy waters gently flowing, Illinois." Sweeping around one end of this great bluff is a deep ravine. Nature

has done everything it could to make this an ideal spot for the purposes to which it is now devoted. Pure air, pure water and the most perfect drainage are here found in an ideal combination.

Club house, bath house, the tents, walks and drives are all lighted by electric light. No detail that can add to the comfort or convenience of the patients has been omitted. The work of beautifying the grounds is one that is constantly going on towards an ideal state.



DINING ROOM SIDEBOARD



BATH HOUSE



INTERIOR VIEW OF BATH HOUSE

atmosphere of the institution is one conducive to the restful spirit that makes for recovery in these cases. The bath house in connection with the colony is one that represents the latest thought in sanitary engineering. The same is true of all the equipment of the plant. Drainage is complete and perfect cleanliness is the marked characteristic of everything. This is especially true of the kitchens in which the food stuffs—a very important part of the treatment—are prepared. So thoroughly has this matter of perfect sanitation been gone into that visitors to the colony remark the comparative absence of house flies and other insect pests so noticeable in most public places.

The water supply of the colony is one feature to which special attention has been devoted in order to insure its purity as well as the adequacy of the supply. The tents in which the patients are housed represent the very best type of those structures as approved by the experience of this and other institutions of a like character. All these buildings and tents are located amidst pleasant surroundings. The grounds are kept in inviting condition and the entire





AVENUE OF TENTS



## DAILY LIFE OF THE PATIENTS

ONLY conservative claims are made for the treatment given at this sanatorium. Its success largely depends upon a recognition of its limitations and requirements. The tent is intended chiefly as a sleeping apartment, and yet it is made an ideal living apartment, in which the purity of the air is maintained and the temperature regulated during all conditions of weather. Governed by well selected rules, tent life soon becomes thoroughly enjoyable, and the patient speedily loses the exaggerated ideas of its dangers and inconveniences. The patient is under constant medical supervision. He is removed from all disturbing influences. He is encouraged to take adequate amounts of food. He is made to take sufficient rest, and is prevented from over-exercise. He is taught how to live; he breathes pure air continuously, night and day;

GROUP OF PATIENTS





ON THE CLUB HOUSE VERANDA

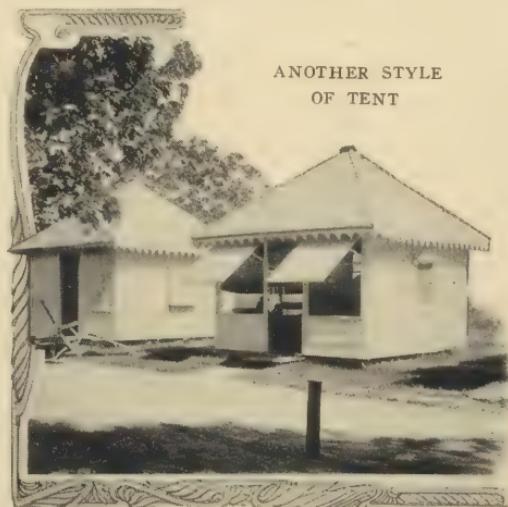


ONE STYLE OF TENT

in order to obtain satisfactory results. The daily life at the colony does these things for the patient: Exposed continuously to fresh air, he gains an appetite, assimilates his food better, sleeps more soundly and awakens more refreshed. Life in the open air is the best agent for reducing fever. Night sweats usually cease very promptly and colds are practically unknown among patients living in the open air.

he is induced to take proper exercise; he lives with one object—that of getting well. The good effects upon others is a constant and encouraging object lesson. No one who is well enough to be up and about can fail to be benefited by the daily life at such a sanatorium as the Ottawa Tent Colony.

Sight must not be lost of the fact that these satisfactory results can only be obtained where plenty of time is given to the cure. The treatment must be carried out faithfully in incipient cases for at least three months and in advanced cases for at least six months, and often for a longer time,



ANOTHER STYLE  
OF TENT

In every way possible it is sought to make the daily life of the patients as pleasant and inviting as possible. To the other attractions of the dining room, that of music is frequently added. An orchestra of ability discourses music at regular intervals during the week while the meals are being served. Entertainment for the patients in other ways is provided, carefully avoiding all those that call for anything like tiresome effort. Frequently a pleasant evening is spent in the big dining room with musicians and vocalists of more than local repute. These evening entertainments include also illustrated travel lectures, as well as scientific lectures on the treatment of tuberculosis, with stereopticon slides to illustrate the various phases of the subject. While these addresses contain the latest thought on these subjects, special care is taken to make them interesting as well as instructive.





## WINTER AT THE COLONY

**I**N selecting the illustrations for this booklet which are to depict winter life in the colony care was taken to choose negatives which were taken during the winter of 1904-5—since which time the style of tents has been changed. These selections were made because the winter of 1904-5 was a specially rigorous one in this locality and the equipment meager; therefore the results obtained were all the more notable. During that first winter provision was made to house the patients during the cold weather. They all, however, of their own accord, remained in their tents. This during





OUR FIRST WINTER



"TAKING CURE"—FIRST WINTER

a winter when the thermometer registered on several occasions twenty-five and thirty degrees below zero. Instead of suffering from the cold, they were comfortable and rather enjoyed the experience. Several of those who were accustomed to living in frame houses declared they would have been less comfortable had they remained at home. Even new arrivals during the extremely cold weather insisted upon going into tents. This was believed to be too severe a test, but in no case did the management have cause to regret yielding to the entreaties of the patients. Their action is the more remarkable when account is taken of the

fact that many, if not most of them, had come from homes where it was difficult to drive them away from the vitiated and super-heated atmosphere of their badly ventilated houses.

With the new tents now in use there is no thought of having the patients do aught else than sleep therein during the winter months. Before beginning such a life patients almost invariably entertain exaggerated ideas of its dangers and inconveniences. A short trial soon dispels this fear and they are with difficulty induced to return to an indoor life. Experience teaches



"TAKING CURE"—FIRST WINTER

that the results are even better in winter than in summer. The tuberculous patient, when well fed and warmly clad, feels the exhilarating effects of cold weather quite as much as the normal person, but will not avail himself of these valuable aids to the restoration of health, except when under careful supervision. In favorable climates the tent has been used very largely and successfully, but it did not occur to even its most sanguine supporters that it was practicable in unfavorable climates. At first thought it seems incredible that patients can be made comfortable in an ordinary tent at a temperature of twenty-five degrees below zero. Yet this is just what has been done at the Ottawa Tent Colony during one of the most severe winters experienced in the northwest for many years. It is irrational to house tuberculous patients in substantial buildings.



THE KIOSK



## ON THE ILLINOIS RIVER

**S**ITUATED as the Ottawa Tent Colony is, on the high bank of the Illinois river, a fine launch makes for the convalescent patients a playground, as it were, of the most beautiful portions of the Illinois river. And nowhere is there a more varied and entrancing stretch of scenery than for the ten miles along this stream between Ottawa and the historic Starved Rock. For the convenience and pleasure of patients there is provided during the boating season a launch well adapted for the purposes to which it is put. The "Fleur de Lis" is a part of the Tent Colony equipment which is an important adjunct to the treatment.

It is not the purpose of this little booklet to go into detail as to the scenic beauty of the Illinois; but simply to make mention in passing of some of the beauty spots that are of easy





LOOKING NORTHWEST FROM CLUB HOUSE VERANDA

access from the colony by means of the launch. In the list are included some scenes away from the river, but not to a distance so great that they may not be viewed by the patients without too much exertion or fatigue.

Patients of the Tent Colony need not, however, even board the launch to revel in scenic beauty. From the broad veranda of the club house itself, stretching away to the north and east, lies a land-and waterscape that arouses enthusiastic words of praise from every beholder. This particular point



RIVER WALK

of view furnished to Edgar Cameron, the well known Chicago artist, inspiration for one of his effective pictures in which the rich autumnal foliage of the Illinois valley is depicted in its true art values.

That view from the veranda is one that impresses every beholder. It is a reminder that before journeying down the river in search of scenic beauty one should see all in this line that the grounds themselves afford. The view down the ravine from the bridge is in itself a most romantic outlook. The river



LOOKING NORTHEAST FROM CLUB HOUSE VERANDA



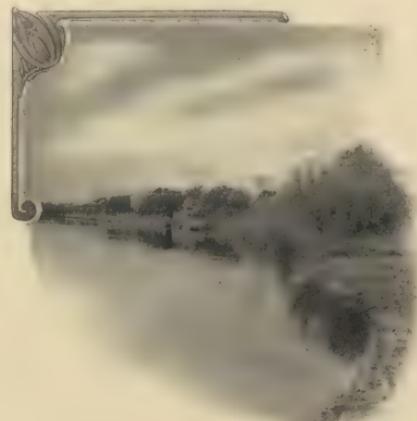
FALL CREEK  
BRIDGE

the stream with the city of Ottawa on the right, passing the mineral spring grounds and under the bridges that span the river. To the south along that same river are winding roads that at every turn reveal new beauties. The low lying banks on the north side of the stream are in striking contrast with the higher and wooded bluffs that run close to the water line in many places on the other shore.

One glides on down the stream, by islands round which the placid waters ripple. Some of these islands are as nature left them, some are useful as they are beautiful, the

walks beside the slow, picturesque old stream open up vistas of enchantment that linger long in grateful memories. To sit on that broad veranda, with the moonlight streaming over the shadowed valley, with strains of music from an anchored launch at the foot of the wooded bluff rising to soothe the ear is a scene that never fails to charm.

It is at the foot of this great bluff on which the club house stands that one steps on board the "Fleur de Lis" for a trip down stream. One sails on down





LOOKING EAST FROM TOP OF BUFFALO ROCK

verdure which decorates them being the growing crops of waving corn.

One of the most striking formations along the river is Buffalo Rock, located on the north side of the stream and paralleling it with its lofty, rocky buttress for almost three-quarters of a mile. Striking as is this rock, when one leaves the launch and ascends to its



BUFFALO ROCK FROM THE RIVER

summit his eye rests on a scene of quiet beauty that is none too well depicted by even such an excellent engraving as this booklet contains.

Further down the stream one rounds "Hungry Point" to land at the Horse Shoe Canyon. These narrow ravines are characteristic of the scenery along the Illinois. They are many in number and each has a beauty of its own. High up their sides grow the wild ferns that are of beauty and delicacy such as are no-





IN HORSE SHOE CANYON

where else found in all the state. Through most of these canyons run little streams that here and there break into little cascades and miniature waterfalls.

Further on down the stream one reaches a region where historic legend adds its charm to the wealth of nature's beauties. As one journeys down the stream towards the historic Starved Rock his eye first takes in the heights of Lover's Leap. The legend attached to this rocky cliff may have its counterpart in the folk-lore traditions of other places, but the place has a beauty and attraction that is all its own. Beyond this lies the jeweled centerpiece of all this riot of attractive surprises for the eye—Starved Rock—the Fort St. Louis of the early French explorers of the Mississippi valley.

Down this valley went the great La Salle in 1670. He marked and noted this great rock, and a few years later Fort St. Louis crowned its heights. Three years after La Salle's first visit Marquette and Joliet were there. In those early days the



IN SALT WELL CANYON



LOVER'S LEAP

surrounded on all sides by the enemy. They and starvation did its fatal work. Only a remnant of survivors made at last a desperate dash in the middle of a dark and stormy night and some of them succeeded in eluding the foe. Most of them, being weakened by their long starvation, were unable to fight and were soon dispatched by their sleek and well-fed pursuers.

Among the remnants of the Illini still living there is a well defined legend or tradition, which is fully believed by them to be true, that this event was the last experience of their

great village of the Illini Indians clustered at the foot of Starved Rock. The story is told in many forms of how this place was the last stand taken by the Illini and that here the tribe was exterminated. These legends are by some pronounced a fiction. It is not true that at this point the last remnant of the tribes of the Illini was wiped out, for there are still living many of the descendants of that once powerful people. It is true that a war party of the Illini took refuge on the rock and were



STARVED ROCK

people on the east side of the Illinois and that, following it, they abandoned their entire line of defense along the river and never again crossed it. They feared to place its waters between them and the place of their retreat in case of defeat. It was more than a century after La Salle's visit, namely in 1780, that these events occurred.

Enough has been shown in this little booklet to more than make good the assertion that the old river flowing by the bluff on which is located the Ottawa Tent Colony can furnish both pleasure and profit to the patients. A trip down the river with a landing made at some one of the beauty spots for lunch constitutes an ideal afternoon's outing. And at that only brief mention has been made of the most striking points along the stream





### OTTAWA TENT COLONY STAFF

T the head of the Ottawa Tent Colony is its founder, Dr. J. W. Pettit. He was placed in charge when the colony was established as a demonstration of the possibilities of fighting "the great white plague" by the Illinois State Medical Society. During this experimental stage he gave to the establishment freely of both his time and money. Then came a time when it was seen that if the colony was to continue it must become a private enterprise. At this period in the development of the institution Dr. Butterfield became associated with Dr. Pettit in its management. They are both graduates of Rush Medical College, being members of the same class in that institution.

Drs. Pettit and Butterfield have steadily and consistently refused the assistance of laymen in the conduct of the colony. They have taken this position because they desire to conduct it along strictly scientific and ethical lines, and do not wish to have it assume the





E. H. BUTTERFIELD, M. D.  
MEDICAL DIRECTOR

MRS. T. G. HAYNES  
HEAD NURSE

THE STAFF

J. W. PETTIT, M. D.  
MEDICAL DIRECTOR

H. V. PETTIT  
SUPERINTENDENT  
MISS ADELLA SATER  
DIETITIAN

character of a purely commercial enterprise. The professional spirit and professional ethics are kept constantly in mind in the conduct and management of the colony.

The treatment is in strict accordance with the best modern information as to correct treatment of pulmonary tuberculosis. The colony has demonstrated the scientific and economic value of the tent in a cold climate.

One of the greatest problems in combating the disease is that of the proper nutrition of the patients. Not only that they shall have the best and most nutritious foods, but that this daily food shall be properly balanced so as to contain exactly the elements needed by the individual patient. This important department of the colony's work is in charge of an expert dietitian—Miss Adella Sater. Miss Sater is a graduate of the domestic science department of Lewis Institute. She is the first of her profession to devote herself exclusively to the line of work conducted at the Ottawa Tent Colony.

The important department of scientific nursing and care of the patients at the colony is well cared for. The head of this department is Mrs. Tamar G. Haynes, a graduate nurse of much experience.

The business management of the colony is in charge of Mr. H. V. Pettit. To the multitudinous details of the conduct of the establishment he devotes all his time and contributes



THE GUALANO ORCHESTRA

much to the comfort of the colony's inhabitants. The colony is located on the lines of the local street car company, and at the entrance to the grounds a platform with adequate shelter is provided. In the way of amusements for the patients much is provided, including the diversions of cards, chess, checkers, dominoes, and such like games, while outside recreation is furnished in the form of croquet and other amusements not calling for great exertion. All the latest newspapers and periodicals are kept on file. Mail for the patients is received twice and dispatched twice each day from the colony. To the permanent equipment of the colony is now being added a well appointed infirmary.

